

1st Steps to Recovery

Dr. Mercola: “Avoid electromagnetic fields as much as possible. Limit your exposure and protect yourself from radiation produced by cell phones, towers, base stations, and Wi-Fi stations, as well as minimizing your exposure from radiation-based medical scans, including dental x-rays, CT scans, and mammograms. Items such as electric blankets can be particularly troublesome and increase your cancer risk.”

Top Tips to Decrease Your Breast Cancer Risk

[http://articles.mercola.com/sites/articles/archive/2014/06/02/breast-cancer-prevention-strategies.aspx?](http://articles.mercola.com/sites/articles/archive/2014/06/02/breast-cancer-prevention-strategies.aspx?e_cid=20140602Z1_PRNL_art_1&utm_source=prmrnl&utm_medium=email&utm_content=art1&utm_campaign=20140602Z1&et_cid=DM46091&et_rid=539684292)

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RaleighES:

Whatever area, space or item is causing you pain, change it, remove it or leave! Remove yourself from the house, work space, whatever, until you feel better and can think clearer.

EMF Sanctuaries

<http://electroplague.com/sanctuaries/>

Do not underestimate the effects from cell phones, Wi-Fi, cell towers, Radio/TV towers, bad house wiring, etc., can negatively effect your mood, sanity, health, memory, fertility and relationships.

If needed, drive to the mountains and camp out until you can function with a clear mind.

Immediately get land line phones and keep cell phones powered off and their batteries removed unless it's an emergency. Remove any source of wireless radiation from your environment (cell phones, cordless phones, Wi-Fi routers, etc., and turn off Airport and Blue Tooth Wireless access features on computers). Disable OnStar, Satellite Radio, BlueTooth and other wireless communication features in your car. Talk to your neighbors about turning off their wireless radiation sources (at least at night).

Simple steps to remove EMFs.

<http://www.emfanalysis.com/emf-superhero/>

Turn off electrical power (at least at night) at the breaker panel for most of the house and especially in the bedroom. Leave power off to rooms that you don't use regularly and use battery operated lights, gas stoves, etc., to avoid or minimize electrical currents. Sleep far away from the breaker panel and/or where the power comes in the house or near the fridge, which needs to be left on.

Buy an RF meter, gauss meter, and body voltage meter (www.lessemf.com is fine) so you can tell where the sources of EMF and EMR (ElectroMagnetic Frequencies/Radiation) are coming from so you can avoid them. Call me or get someone to diagnose the situation. The Institute for Bau-Biologie & Ecology train people to do this. See the contact page.

Find an expert or call me if in NC area:

http://buildingbiology.net/expert.php?cat_id=40

Get rid of your spring coil mattress (<http://hir.nu/>) as it conducts electricity and is an antenna for TV/radio/microwave signals and it beams it into your body. Buy an organic foam mattress (and pillows) or organic futon (no off gassing or metal).

Eat only organic (pesticide/herbicide/chemical/toxin free) food or as much as possible from local farm sources or from stores like Whole Foods, Harmony Farms, Earthfare.

If you find yourself in a meeting or other situation difficult to get out of, I have used a Vervain Tincture or Rescue Remedy (Harmony Farms, Whole Foods, etc.) to take the emotional edge off so don't kill someone.

Kill your microwave oven and remove it from your house and never use it for anything or be around one when it is on.

Get rid of any aluminum pots/pans/cookware (aluminum is VERY bad for your brain, immune system, nerves, etc.) and non-stick Teflon cookware, non-stick irons or hair curlers/flatteners (they off-gas toxins when hot). Use Mercola's ceramic, stainless steel, Calphalon Cookware, or Le Creuset Cookware and bamboo or wooden cooking utensils when possible.

Get rid of all fluoride (found in tooth paste, pesticides, bottled water, pharmaceuticals, etc.)



DANGER
POISON

Aspartame is an excitoneurotoxic carcinogenic drug. It is particularly dangerous as it contains three neurotoxins:
methanol, aspartic acid and phenylalanine.
Also, it breaks down into:
**Formic acid
Formaldehyde
Diketopiperazine**

(Aspartylphenylalanine diketopiperazine)



GE
Aspartame is a product of genetic engineering

all these items contain **ASPARTAME**

Formic acid is used as a pesticide
Formaldehyde is an ingredient in embalming fluid
Diketopiperazine is a brain tumour agent

"...The fact that 320 aspartame fed rats developed six brain tumours by seventy-six weeks indicates an 'incredible and unprecedented' occurrence"... *Excitotoxins by Russell L Blaylock, MD*

No MSG, soft drinks or food with high fructose corn syrup and/or Aspartame (or other artificial sweeteners). Stevia is good to use.

Remove anything treated with fire retardant like couches or furniture or that give off burning fumes from plastic, computers, appliances, and don't handle battery chemicals or herbicides/pesticides (read up on Sarin Gas and other warfare chemicals that are the same or similar to what is sprayed on food) which all fry our nerves and the brain (see Microwaves Imitate Pesticides).

Purify your drinking water with the best filter you can buy (must remove fluoride if in the city); your shower too (chlorine gas is toxic to breathe and other chemicals are quickly absorbed into your skin). Plastic bottled water bought off the shelf is not a good regular source of drinking water (BPA in plastic bottles, the source of water is unsure, detergents can be left in the 5 gallon water cooler type jugs, etc.). Refilling glass jars at Whole Foods or Harmony Farms with reverse osmosis water and then putting CELL FOOD to remineralize it is better.

Remove all fluorescent lights, even those new curly energy-efficient ones. They give off unhealthy radiation frequencies and contain mercury. Replace with LED lights or incandescent lights that have no transformers. LEDs are the best for many reasons.

Build up your body's ability to handle your environment (your kidneys/adrenals are very stressed right now) before doing any detox work. Your body is overloaded with chemicals, toxins, heavy metals, bacteria, radiation, etc., and any chelation therapy (pulling metals out of the body) will further overload your ability to handle your current situation and crash you further. Back off, take a vacation, and remove stressors from your life for a while to let your body recover.

The first part of recovery is removing the radiation and stopping the stressors. Then internally removing the trash so the body can function optimally. I have found doing colonic hydrotherapy is one of the quickest and safest ways to remove trash without adding stress. It is unbelievable how much mucus, bio-film, plaque, trapped and compacted material can be immediately removed with colon hydrotherapy.

This will free up the gut lining so it can heal and so your expensive supplements will work. You are throwing money away and wasting time until you get colon hydrotherapy. Getting at the underlying condition is the goal and this process will save years and thousands of dollars and help make everything less painful.

The liver and gut are our main defense mechanisms and clearing them out, first, is critically important BEFORE any chelation or killing of bugs, parasites, infections. Doing chelation or killing before the liver and gut can handle it can make you very sick. Do colon cleanses (colonic irrigation or hydrotherapy) with a professional like Dr. Gabrielle Diamante at IntestinalFitnessLLC.com or the like. You need to have a cleared out and good regular bowel actions before doing any detoxing. You don't want toxins recirculating back into your body.

Then doing Gall Stone/Liver Flushes can miraculously move the process along to help unburden those organs for optimal functioning. There are often thousands of stones trapped in the liver and gall bladder. Working with a colon therapist can help if you have never done this. I recommend adding a little (1/8-1/4 teaspoon) Activated Charcoal before the flush to ensure the stone debris is absorbed by the fiber/charcoal, and not reabsorbed back into the body. There are many recipes for

a gallstone flush. Here is one. Make sure you do colon hydrotherapy before and after!

Liver cleanse - Gallbladder cleanse - Liver flush

http://curezone.com/cleanse/liver/huldass_recipe.asp

First get a good colon cleanse to clear out the pathways and schedule one for the day of a liver cleanse too (the day you throw), and then more if possible. In fact, do NOT do a gall stone flush unless you have scheduled colon hydrotherapy for before and for the day you end the flush. It is very likely you will have stones stuck in your intestines which will make you sicker unless you have colon hydrotherapy before AND after the stone throw.

Do a Gall Stone flush every month until you have done two flushes and not passed any stones.

Do regular coffee enemas (1-3x a week) with **S.A. Wilson coffee**. The palmitate increases glutathione levels in the liver by 600% and exponentially enhances its detoxing ability. You could do one every day (if you are juicing/blending and staying hydrated and mineralized) to keep the liver clean and ready to handle our incredibly poisoned world. Make sure you are eating organic fruit and vegetables to replenish vitamins/minerals (magnesium, zinc, etc.) Do them in a blender/juicing to keep yourself hydrated and to keep the fiber so you don't get mineral depletion.

Start supplementing and supporting the liver with Essiac Tea, and other herbs and tonics to get it working without a big detox Herx reaction or clogging it up. See Nancy at Harmony Farms at Creedmore and Millbrook for general advice.

Many ES people have Lyme and vice versa. I think most sick people have Lyme or some of its co-infections. It has been estimated that up to 80% of our population has Lyme. Many common illnesses like Parkinson's, MS, and other neurological diseases have been traced to Lyme or its co-infections like Mycoplasma. There is a lot of controversy on how to best treat Lyme disease and I have my opinions as well. It is chicken and egg with which happens 1st.

It is my belief that the EMF influences weaken our immune system and we become more susceptible to the opportunistic bacteria lying in wait (left over from childhood vaccines). The radiation then challenges the various bacterial strains and they defend themselves by mass reproduction and secreting neurotoxins and other poisons into our system. This causes inflammation, Herx reactions, and other common symptoms like headaches, fatigue, histamine responses, etc.,.

Microwave radiation from cell phones, Wi-Fi, cordless phones, etc., opens up the blood-brain

barrier and allows toxins and bacteria to get into your brain. Our brain is largely made of fats/cholesterol and despite the media hype, you need good fat for protection! Build up this protection barrier with good fats like from Barlean's 3-6-9 Oil, Organic Hemp Oil, coconut oil, and local grass fed milk, butter, cheese and meats. Mixing the hemp or Barlean's with "Nancy's" organic cottage cheese is delicious and extremely healthy.

Read up on the the Budwig Diet. It has extremely important information about cancer. See <http://healthwyze.org>.

This will help strengthen you and protect you. The cell wall, brain, nerves, etc., are made up of good fat (phospholipids) and good fat is required for oxygen to pass in and toxins out. Don't use margarine or canola oil. Organic coconut oil or organic butter is best for cooking because it handles the heat the best and won't seal up your cell walls. In general it is best to use medium heat or lower. If you are using a statin drug for some heart or cholesterol issue, see

<http://articles.mercola.com/sites/articles/archive/2010/07/20/the-truth-about-statin-drugs-revealed.aspx>

The gut is 80 percent of our immune system and making sure you don't have leaky gut is critically important before pulling metals and toxins out of the body. Drinking or eating raw organic goat or cow colostrum, kefir, yogurts, etc., can help strengthen and repair the intestines and immune system.

Find a local source of raw organic here:
www.realmilk.com/where2.html

Read up on "leaky gut" and celiac disease. You may want to cut out grains for a while and get tested for a gluten intolerance. GMO food or food treated with RoundUp can cause genetic damage resulting in Celiac.

Read the GAPS book! <http://gapsdiet.com/>

DigestaQure is an Aloe Vera product that rebuilds/heals the gut lining.

Getting a good health diagnosis is extremely difficult. Your best bet is with a dietician or in my case, acupuncturist/chinese herbalist. Get some blood work done to see how your liver is functioning. Get an MSA (Meridian Stress Assessment)! This is a fantastic tool. You can see if your vitamins and supplements are stressing you or supporting you too with an MSA. Bring them to the MSA.

Where to start the healing process is highly debated. In any case, GO SLOW!! As desperate as you may feel, do NOT start a radical program to radically feel better! The body can't handle any more sudden changes other than removing sources of radiation and stress and adding natural, soothing organic foods. Build up before you kill off. Seal before you pull/chelate.

If needed, go camping in the mountains where you can be free of radiation and electricity. You have to feel better so you can tell what is working and what is not.

This is from Mercola.com

How to Protect Yourself From EMFs

An excellent first step, and one that Rees is particularly passionate about, is to test your home and work environment for EMF. The web site www.emfsafetystore.com offers a helpful summary of the various meters recommended to detect EMF and dirty electricity in your home.

If you find elevated levels of dirty electricity, filters and various shields are available to help neutralize them. And if the levels of RF are high, you can carefully shield with special grounded paints, fabrics for curtain linings, and plastic film for the windows (where much RF comes into the house). All of these can be found at www.emfsafetystore.com.

To further avoid EMF exposure, or for those who are especially sensitive, during the night when your body is trying to repair and rebuild:

- Turn off all the fuses at night that supply your bedroom. You can install a 'demand switch' at your bedside to make this very convenient.
- Shield your bed with a special metalized fabric canopy to protect yourself from harmful frequencies that can disrupt cellular communication.
- If you are constructing a new home or renovating one and the walls are being rebuilt you can install radiant barrier, which is a tough type of aluminum foil that will also very effectively screen out the EMF. This is what I did for my own bedroom.
- At minimum, move your bed so that your head is at least 3-6 feet from all electrical outlets. If you are constructing the walls you can put the wires inside pipes, which will virtually eliminate the fields that are generated in the room when the current runs through the wire.
- Turn off and unplug everything electrical in your sleeping area, including your computer, WI-FI, cell and portable phones.
- Sleep on a non-metal bed and mattress.
- Be aware that cell phones and WI-FI are not the only EMF sources you need to be cautious of. Essentially, most all electronics will generate EMFs, including the wiring in your home, electric alarm clocks, electric blankets, computers and lamps, just to mention a few. For best results, avoid using electric blankets and electric heating pads, and unplug all electrical appliances when not in use. Even better, at night, turn off the fuses directly.
- Protect yourself from cordless phones. If you want to avoid the radiation you should switch back to a wired landline and ditch your cordless phone entirely.
If you must use a conventional cordless phone, be sure to keep the base station at least

three rooms away from where everyone sleeps and where you spend the most time during the day. Or simply keep it off except in the limited circumstances when you feel you need to use it.

The base station of a DECT phone always transmits at full power, so this is not a device you want sitting on your nightstand next to your bed, on your kitchen counter or even on at all if it is not necessary.

- Protect yourself from cell phone dangers by reading my full list of tips to protect yourself from cell phone radiation (tips are near the end of the linked article).

<http://emf.mercola.com/sites/emf/archive/2011/02/16/raising-awareness-about-electromagnetic-pollution.aspx>

Next Steps

After you have gotten stronger, rebuilt the gut (probiotics, aloe vera products, no gluten), detoxed the colon and liver, done blender drinks, magnesium, glutathione (liver support), probiotics, etc....for at least a month...

Get the metal out of our mouth.

After Mercury Removal -- What is the Best Material to Replace Your Filling With?

<http://articles.mercola.com/sites/articles/archive/2010/11/06/porcelain-best-replacement-for-silver-amalgam-dental-fillings.aspx>

Find a dentist that removes mercury amalgams per the Hal Huggins Protocol.

<http://www.hugginsappliedhealing.com/alliancedentist.php>

or in Cary, NC, contact W. Carl McMillan, DMD.

<http://smilesraleigh.com/>

Start preparing yourself for removing the heavy metals by having a light exercise regimen that gets you sweating for 15 minutes at least 3 times a week. Eat organic food and minimize grains and sugar. Go to bed before 10pm. Cut out coffee and use green tea or tulsi tea, Vitamin D, Nascent Iodine and/or B-12 if you need a pick me up in the morning.

Do a Magnesium supplements (like Threonate or a topical gel) and high Vitamin C (liposomal is best) to help clear out the pathways and replace an essential part of your body's enzyme and vitamin/mineral processes. A tablespoon or two in hot water then sip it like tea or cool it with water and slam it down so you'll have a bowel movement before you have to leave the house. After a month or two you'll know how much to take so you don't have the runs but go to # 2 at least once, preferably twice a day.

Do not start pulling metals out or killing bugs until your gut is solid and your liver, kidneys and colon are in good shape. There are some MDs that just prescribe DMSA or do DMPS injections to

put out, chelate the mercury. I think this is not healthy unless the colon and liver can handle it in addition to supplementing with Glutathione, and other liver supporters and using fiber, charcoal and/or other colon scrubbers to help grab the toxins on the way out.

Microwave radiation does its own damage to the body, DNA, organs and cells but when combined with metals, mycoplasma, Lyme, bad bacteria, vaccines (which cause auto-immune diseases, demyelination, etc.) and other stuff floating around, you don't want to stir them up at the same time, yet.

Demyelination can be caused by pesticides/herbicides, mercury exposure, viruses, vaccine ingredients that cause auto-immune disorders, many chemicals and other unknown factors. We need to build up the myelin, not challenge it with aggressive detoxing. When you detox too fast or kill off bugs (mycoplasma, fungus, parasites, bad bacteria, etc.) too fast, the toxins are recirculated into the brain, heart, etc. and the body goes into overload and you will feel worse with what's called a Herx (Herxheimer) reaction. Bugs have metals and toxins inside of them and when you kill them, they dump their load in you. You will get liver spots all over your skin as a result of an overloaded liver and kidneys. All of those toxins swimming around in your blood stream will then get re-lodged in your brain, heart, skin tissue, muscles, etc., where they can again do damage.

Eventually you'll need to the kill bugs and chelate at the same time because of their intimate relationship on each other.

Always go slow or your body will be in overwhelm and will not be able to process this stuff out and you will suffer the consequences (feeling worse, getting another chronic disease, cancer, liver failure, brain problems). I have said this over and over for a good reason. The reason you are sick is because your system is overloaded, unable to chelate the toxins, and have a problem removing heavy metals, etc. Don't make it worse!

As I said, microwave radiation from cell phones, Wi-Fi, etc., opens up the blood-brain barrier. When this protective layer is compromised, metals, toxins, the body's natural waste products will get inside your brain and cause serious problems, infections, craziness, etc. Getting this out of the brain is hard to do.

Aluminum can cause cell/brain damage, allergic reactions as well other problems when stirred up.

Mercury and lead are extremely neurotoxic and cytotoxic, but their combined synergistic effect is much worse. A dose of mercury sufficient to kill 1% of tested rats, when combined with a dose of lead sufficient to kill less than 1% of rats, resulted in killing 100 % of rats tested. Thus with combined exposure the safe dose is 1/100 as much as the dose individually.

<http://www.flcv.com/synergis.html>

Mercury is total hell because it fries the nerves, the brain, etc. Also Candida lives with/off of it. Many bugs/fungus lives with/off of metals. The cell's mitochondria and other functions are disturbed (like with autism) when flooded with this toxic stuff. The cell will seal itself off to protect itself and will stop respiration on O2 and start using sugar (an anaerobic cancerous cell condition) because it can't respire through the cell wall. It will be drowning in its own waste products and/or turn to a cancer cell if the condition isn't changed. Free radical damage increases and hence the importance for Vitamin C and other anti-oxidants like Astaxanthin, Omega 3 fish oil, etc. Best source for a great anti-oxidant and phospholipid is Krill Oil (a great anti-inflammatory) from Mercola.com.

The easiest thing to do is go to Mercola.com and get on a monthly auto-ship for these products:

- *B-12 (to feel better, more energy, supports blood to carry O2)
- * Vitamin C (Liposomal form)
- *Chlorella (helps absorb excess metals slowly and provide nutrients)
- *CoQ10 and/or Ubiquinol (heart health, repair mitochondria and energy levels) made with lethicin from organic sunflower seeds, not soy.
- *Vitamin D (kills bugs, regulates immune system, everyone needs it)
- *Krill Oil or Astaxanthin (powerful anti-oxidant, phospholipid for brain, nerves, anti-inflam)
- *Probiotics (essential to get gut working with good bacteria)
- *Tumeric (clears Fluoride out of brain, anti-inflam, much more)
- *MSM with Organic Sulfur Complex (helps liver detox)

Get some liposomal Alpha Lipoic Acid to protect the liver and brain. IV Glutathione would be great too.

Take these for the next 6 months at least if not for the next 5-10 years as you go through the whole detox and repair thing. Mercola's products, fortunately, do NOT have magnesium stearate in them which will paste up the intestinal lining, block absorption and create a biofilm (a haven for "bugs").

Organic Nascent Iodine for the Thyroid is a huge topic. I believe our Thyroids are all compromised (from mercury, fluoride, radiation, etc.) to some extent and Iodine is a critically important food for the Thyroid. It is best from seaweed but it is hard to get pure sources. Taking organic nascent iodine work towards optimizing energy levels, liver function, mood, weight, and so many other bodily processes. Read up on it at Mercola.com

Boyd Haley with CTI Science created a great anti-oxidant and non-toxic heavy metal chelator he called OSR (Oxidative Stress Relief) but I think has been shut down.

OSR#1 (N1, N3-bis(2-mercaptoethyl)isophthalamide

and may be still found online through a few venues. Buy it if you can.

<http://shop.startlivingwelltoday.com/prodinfo.asp?number=OSR%20CAPS>

<http://www.forresthealth.com/osr-1-30-100mg-caps.html>

You can read about the importance of Glutathione at Mercola.com and here:

“Glutathione is also the most critical and integral part of your detoxification system. All the toxins stick onto glutathione, which then carries them into the bile and the stool -- and out of your body.” -

Mark Hyman, M.D.

<http://www.ultrawellness.com/blog/glutathione>

Which “killer” to take is a huge topic as well. Killing the bugs while you chelate is important because as you pull the metals out, you pull the bugs out too and redistribute them. As you kill the bugs, you release toxins.

There is a great product the destroys the hard shell of yeast/candida and other bugs, and breaks up the colonies, mucus, etc. called

Candida Cell Wall Suppressor.

This will release more toxins and heavy metals. This is why it is critically important to have the colon and intestines rebuilt, sealed and healthy, so the toxins don't recirculate.

These are my favorite killers for various symptoms:

Silver: Opti-Silver 100 or ACS 200 Advanced Cellular Silver, (Colloidal Silver)

Allicin Garlic

Hydrogen Peroxide (35% Food Grade diluted down)

Ozonated Olive Oil (topical use)

Oregano

Ozone (treat water or areas that have a mold smell)

RIFE frequency machine

Tea Tree Oil

Olive Leaf Extract

Grapefruit Seed Extract

Turmeric (anti-inflammatory)

Black Walnut Hull

Pau D'Arco

MMS (Miracle Mineral Supplement) is a good antiseptic water purifier (kills bugs and is a great internal parasite killer. Get some!
<http://www.mmshealthy4life.com/>

Look for the Kalcker Protocol
<http://andreaskalcker.com/index.php/en/health/parasite>

and free download.
http://cdautism.org/Healing_the_Symptoms_Known_as_Autism_SECOND_EDITION_9780989289023s.pdf

Watch his autism video!
<http://andreaskalcker.com/en/autism/autism.html>

You can get big fungus infections, overloaded organs, worse symptoms, from aggressive detoxing without doing extensive prep and supplementing with Glutathione, NAC, other liver support...

Mycoplasmic infections have very similar symptoms to Lyme and ES.

“Skin sensitivity and burning sensations may take much longer to resolve. Mycoplasma infections do invade nerves, and nerve-related symptoms are among the more difficult to resolve.”

http://www.immed.org/infectious%20disease%20reports/infectdiseasereport06.11.09update/pha_nicolson_0709_v4.07.pdf

In the early stages, homeopathic detoxing may be the way to go according to your sensitivity. Homeopathic remedies are much more gentle.

There are also great homeopathics for Mycoplasma by DESBIO. Lyme as well but a health care practitioner may be needed to order them.

"Give me a chance to create fever and I will cure any disease," said the great physician, Parmenides, 2,000 years ago.

Fever is one of the body's own defensive and healing forces, created and sustained for the deliberate purpose of restoring health. The high temperature speeds up metabolism, inhibits the growth of the invading virus or bacteria, and literally burns the enemy with heat. Fever is an

effective protective and healing measure not only against colds and simple infections, but against such serious diseases as polio and cancer.

<http://www.steinerhealth.org/health/fever-therapy/>

You can do your own hot baths or IR Sauna to get your temperature up to kill pathogens and cancer. Keep your head cooler than the body if in a full body sauna. Make sure your water is pure (no fluoride and/or chlorine) or add Vitamin C tabs to neutralize.

Search for :

Vitabath Vita-C-bath Effervescent Vitamin C Dechlorination Tablets

Just recently I have discovered the amazing properties of Hemp CBD oil and the recent legalization of industrial hemp production in NC. This is a huge breakthrough and much more will be forthcoming on this topic. Donate to <http://ncindhemp.org/>.

Please help activities promoting a legislative opt-out for smart meters in NC.

